

The Stanford Department of Psychiatry and Behavioral Sciences has a long history of providing excellent training in both research and clinical domains. Annually, the department trains over 60 postdoctoral fellows, and is thus highly experienced at providing a rich and productive environment to support career development of its trainees. The department has an outstanding faculty that has attracted considerable federal funding through Research Scientist Awards, RO1s, R10s, Program Projects, and Center Grants, including a training grant (T32) that supports Jason's position at present. Ongoing research projects in the department include genetic and imaging studies, epidemiological studies, sleep studies, and randomized clinical trials. Most relevant to Jason's application is access to an active sleep research environment at the Stanford Sleep Center and collaboration of clinicians in the large clinical service that is a resource for recruiting of participants.

The space available in this section is too short for describing the myriad research activities conducted in the department at present. I will, therefore, focus on describing the research most directly related to Jason's research plan. Two ongoing research projects in my own lab are relevant to Jason's training. The first is a federally funded project that focuses on adding CBT for insomnia to Lexapro to enhance antidepressant response in individuals with major depression disorder and co-morbid insomnia. This study provides Jason training in conducting structured screening interviews for insomnia (and depression), the use of ambulatory EEG system and actigraphy in the context of a clinical trial, and the methodological challenges of conducting a randomized controlled study. The second study is an unfunded project that examines outcome, process and predictors of outcome for a group CBT for insomnia in a tertiary clinic setting. This project provides Jason access to an existing database, which he has already begun analyzing and has presented on professional meetings. Work on this database has provided opportunity for training in the methodological challenges inherent in the use of daily sleep diaries and in issues related to participants' compliance with the treatment.

The psychiatry department provides ample clinic and research space to its faculty, staff and trainees. Clinics include sleep disorders, affective disorders, anxiety disorders, eating disorders, obsessive-compulsive disorder, medical psychology, and more. Trainees (and faculty) have access to a wide range of software and statistical packages, up to date computer equipment, fast internet connections, access to the comprehensive medical and other libraries, access to online journals. Jason has his own office equipped with a computer, fast internet connection, and a printer. He has access to a biostatistician, who can assist him with issues related to data analysis. He also has access to state-of-the-art equipment for collecting physiological data, including an ambulatory EEG system and a dozen actigraphy units and a six-bedroom sleep laboratory. This is an outstanding environment for a fellow such as Jason, who is on the academic track.

